



**PROGRAM** : BACCALAUREUS TECHNOLOGIAE  
*PODIATRY*

**SUBJECT** : **PODIATRIC MEDICINE 1 THEORY**

**CODE** : **HPMA 111**

**DATE** : NOVEMBER 2016 EXAMINATION

**DURATION** : 180 MINUTES

**WEIGHT** : 50:50

**TOTAL MARKS** : 162 marks

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**EXAMINER** : MS N. SITHOLE

**MODERATOR** : MR S. NTULI

**NUMBER OF PAGES** : 4 (Including the cover page)

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**INSTRUCTIONS** :

- ANSWER ALL QUESTIONS
- MARKS WILL BE ALLOCATED FOR A CLEAR AND LOGICAL EXPOSITION OF THE ANSWER
- PLEASE HAND IN ALL QUESTION AND ANSWER PAPERS TO THE INVIGILATOR

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### **QUESTION 1**

*In order to make a correct diagnosis the podiatrist rely on information gathered during their interaction with the patients. This information comes from two main areas: the patient interview and clinical assessment.*

- 1.1 Identify the six components of history taking. (6x1=6)
- 1.2 Briefly explain what focused history is and how it is different from general history. (4)
- 1.3 List the seven questions that you would ask a patient and explain why you would ask each question. (7x2=14)
- 1.4 Explain what is meant by primary diagnosis and differential diagnosis. (2x2=4)

[28]

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### **QUESTION 2**

*A patient present to the clinic complaining of aching swollen legs and varicose veins*

- 2.1 What could be the cause of this patient's chief complain? (2)
- 2.2 Which system assessment would help you support your answer in 2.1? (2)

*If this patient had an arterial insufficiency and was identified as having the characteristic 6Ps,*

- 2.3 Identify each of the 6Ps. (6x2=12)
- 2.4 What **clinical tests** will you perform to assess the peripheral arterial system for such a patient? (7x1=7)

[23]

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### **QUESTION 3**

*A patient presents with pain under his 2<sup>nd</sup> metatarsal head. The patient describes the pain as stabbing when walking, like they are stepping on a stone. When examining the area you see hard thick skin and there's pain when applying pressure. You diagnosed it as a helloma.*

- 3.1 Identify the six different types of hellomas that patients may present with. (6x1=6)
- 3.2 With an aid of a diagram discuss the pathogenesis of hyperkeratotic lesions. (10)

*The management for hyperkeratotic lesions involves debridement. During debridement you discover that the patient has a wound.*

3.4 Define a wound. (3)

3.5 List the five different types of wounds/ ulcers that patients may present with. (5x2=10)

3.6 Identify and briefly explain the **two systemic factors** that may inhibit or delay wound healing. (2x2=4)

[33]

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#### **QUESTION 4**

##### ***Biomechanics and Gait***

4.1 In your own words explain what you understand by the term Biomechanics. (3)

4.2 Differentiate between the terms pronation and supination. (6)

4.3 Name and describe the two main phases of gait cycle. (2x2=4)

*All musculoskeletal voluntary movement depends on the excitation of the lower motor neuron by the upper motor neuron. Any disturbance on these neurons can result in muscle weakness and poor coordination during movement.*

4.4 Tabulate the differences between lower motor neuron lesion and upper motor neuron lesion. (5x2=10)

4.5 What clinical tests would you perform to assess poor coordination and balance on any patient? (6x1=6)

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#### **QUESTION 5**

##### ***Infection Control.***

5.1 List and briefly explain the strategies and methods of infection control in podiatry. (2x2=4)

5.2 Differentiate between sterilization and disinfection. (4)

5.3 List the steps that one should follow, following exposure to blood-borne infections.

(11x1=11)

5.4 Explain the role of Personal Protective Equipment (PPE) in Infection control.

(5)

**[24]**

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**QUESTION 6**

*Mrs Jones, a 60 year old patient presents to the clinic complaining of dry cracked heels and thickened nails. She reports no pain but discomfort on her nails when wearing closed shoes she also reports that sometimes the cracks on her heels become painful and bleed.*

6.1 Identify the terms used by podiatrists for dry cracked heels and for thickened nails.

(2x2=4)

6.2 List the seven possible causes for dry cracked heels.

(7x1=7)

6.3 List the possible causes for the thickened nails.

(6x1=6)

6.4 How would you treat this patient?

(4x2=8)

**[25]**

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**Grand total: 162 marks**

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